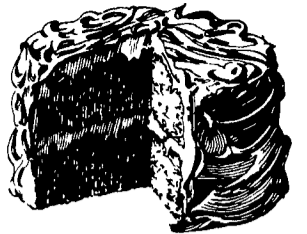


# Home On The Range



## Roar into action with a hearty breakfast

If breakfast isn't already your favorite meal of the day, the recipes below will quickly change your mind. There's no need to be a slave to prepared cereal and buttered toast when a host of delectable breakfast treats awaits the creative cook.

Some morning when you have just a little extra time, try a special pancake recipe. Or, if you know you'll be too busy in the morning to fuss, make a batch of muffins the night before to enjoy with your usual breakfast fare.

Many of the recipes below don't take much time, so dig in and enjoy!

### FRENCH BATTER TOAST

6 slices bread  
1 cup pancake mix  
¼ cup wheat germ  
3 eggs  
1½ cups milk  
2 tablespoons oil

Mix all ingredients except oil and bread. Beat well. Dip bread in batter and fry in oil on hot griddle. Serves 6.

Nancy Kramer  
Newmanstown

### NO-BAKE

#### PEANUT BUTTER BARS

Combine in saucepan:  
¼ cup butter  
3 cups sugar  
4 tablespoons cocoa  
½ cup milk  
Stir constantly over high heat for 5 minutes. Remove and add:  
½ cup peanut butter  
3 cups oatmeal

Mix well, then press into a buttered 8-inch square pan. Cut in squares when cool.

Lillian Esh  
Honeybrook

### OATMEAL RAISIN MUFFINS

¼ cups flour  
1 tablespoon baking powder  
Little salt  
½ cup sugar  
1 cup cooked quick rolled oats  
½ cup raisins  
1 egg  
1 cup milk  
½ cup melted oil

Mix flour, baking powder, salt and sugar in a large bowl. Stir in rolled oats and raisins. Beat egg and add milk. Add oil and set aside.

Add milk mixture to flour mixture. Stir just until dry ingredients are wet, leaving batter lumpy. Pour into muffin pan. Bake at 400°F. for 20 to 25 minutes or until lightly browned. Makes 12 muffins.

Betty Biehl  
Mertztown

### FRUIT WAKE-UP

1 small banana, sliced (1 cup)  
1 8-ounce can pineapple tidbits, drained  
½ cup orange juice  
2 tablespoons toasted coconut

Combine banana, pineapple and orange juice. Chill. (Be sure banana is covered entirely with juice.) Spoon into dishes and top each serving with coconut if desired. Makes 2 servings.

Betty Biehl  
Mertztown

### BAKED OATMEAL

3 cups oatmeal  
1 cup brown sugar  
2 teaspoons baking powder  
1 teaspoon salt  
2 beaten eggs  
1 cup butter  
1 cup milk

Mix and bake 30 minutes.

Mary Weaver  
East Earl

### CINNAMON FLOP

1½ cups sugar  
1½ cups milk (sweet or sour)  
3 cups flour  
¼ cup shortening  
3 teaspoons baking powder  
Cream sugar and shortening. Add milk and dry ingredients. Mix well. Pour into 9x13-inch cake pan. Dot generously with butter (½ cup). Sprinkle with ¾ cup brown sugar and 1 teaspoon cinnamon. Poke mixture several times with finger. Bake at 375°F. about 30 to 40 minutes.

Norma Snook  
Jersey Shore

### MACADAMIA FRENCH TOAST

4 eggs  
¾ cup orange juice  
½ cup milk  
¼ cup sugar  
¼ teaspoon ground nutmeg  
½ teaspoon pure vanilla extract  
1 8-ounce loaf Italian bread cut in 1-inch slices  
½ cup butter or margarine, melted  
½ cup diced macadamia nuts

With a wire whisk, beat together eggs, orange juice, milk, sugar, nutmeg and vanilla. Place bread in a single layer in a tight-fitting casserole. Pour milk mixture over bread. Cover and refrigerate overnight, turning once. Preheat oven to 400°F. Pour melted butter on a jelly roll pan, spreading evenly. Arrange soaked bread slices in a single layer on pan. Sprinkle with macadamia nuts. Bake until golden, 20 to 25 minutes. Serve with maple syrup and butter, if desired. Makes 4 servings.

### BLUEBERRY COFFEE CAKE

2 cups baking mix  
¾ cup sugar  
¼ cup dry milk  
¾ cup water  
1 egg  
Mix well and pour into greased and floured 9x9-inch pan. Pour 1½ cups blueberries (fresh or drained frozen) over the above mixture.

#### Topping

¾ cup sugar  
¼ cup dry milk  
¼ cup flour  
1/8 teaspoon cinnamon  
2 tablespoons soft butter  
Blend and sprinkle over blueberries. Bake at 350°F. for about 50 minutes.

Norma Snook  
Jersey Shore

### OVEN PANCAKE

3 tablespoons butter  
3 eggs  
½ cup flour  
¼ teaspoon salt  
½ cup milk  
Powdered sugar  
Maple syrup

Heat oven to 450°F. Put butter in skillet and melt over low heat. Beat eggs until well mixed. Add flour and salt. Beat until very smooth. Stir in milk and melted butter with spoon; beat until smooth. Pour batter into skillet. Bake in oven for 15 minutes. Lower the oven temperature to 350°F. and bake an additional 5 to 10 minutes.

Sift powdered sugar over top. Serve with maple syrup.

Mary Neal  
Homer City

### YEAST WAFFLES

1½ cups milk  
3 eggs, separated  
1 cup oil  
2 cups whole wheat flour  
1 teaspoon salt  
1 teaspoon sugar  
1 package yeast  
Combine milk, egg yolks, oil, flour and salt in 2-quart mixer bowl; beat well. Mix ½ cup water, sugar and yeast together, stir until yeast and sugar are dissolved. Stir into flour mixture. Beat egg whites until stiff peaks form; fold into batter. Refrigerate overnight. Bake in hot waffle iron until crisp and golden brown. Let stand overnight.

Betty Evans  
Pequea

### FRUIT AND CHEESY PANCAKE

1 8-ounce package cream cheese  
½ cup sour cream  
3 tablespoons orange juice  
3 tablespoons sugar  
½ cup flour  
¼ teaspoon salt  
½ cup milk  
2 eggs, beaten  
1 tablespoon butter  
2 cups strawberries, or other fruit, sliced  
¼ cup almonds

Combine cream cheese, sour cream, juice and sugar, chill. Combine flour, salt, milk and eggs; beat until smooth. Heat 10-inch skillet in a 450°F. oven until hot. Add butter to coat pan; pour flour batter immediately into hot pan. Bake on lowest rack in 450°F. oven for 10 minutes. Reduce heat to 350°F. and bake 10 more minutes or until golden brown. Fill with fruit, top with cheese mixture. Sprinkle with almonds. Serve immediately.

Colleen Shoemaker  
New Woodstock, NY



Waffles are a wonderful way to start the day. These orange waffles get a little extra flavor from grated orange rind.

### BREAKFAST BAKED APPLES

2 large baking apples (8 ounces each)  
½ pound ground pork  
1 cup chopped onion  
½ teaspoon grated orange peel  
Scant ½ teaspoon pepper  
¼ teaspoon salt  
1/8 teaspoon fennel seed  
1/8 teaspoon ground cinnamon  
1 cup sliced fresh mushrooms

Preheat oven to 375°F. Cut apples in half; core. With spoon, scoop out apple, leaving ¼-inch shell. Chop removed apple pieces.

In skillet, brown pork with onions, orange peel, pepper, salt, fennel seed and cinnamon. Stir in chopped apple and mushrooms. Cook until mushrooms are tender; drain off any excess fat. Spoon mixture into apple shells; arrange in shallow baking dish. Add 2 tablespoons water to dish. Bake 40 minutes or until apple shells are tender. If desired, drizzle each apple half with 2 teaspoons syrup.

### ORANGE WAFFLES

1¾ cups unsifted all-purpose flour  
2½ teaspoons double-acting baking powder  
¾ teaspoon salt  
2 eggs, well beaten  
1½ cups milk  
2 teaspoons grated orange rind  
5 tablespoons liquid shortening  
Syrup and butter

Mix flour with baking powder and salt. Combine eggs, milk and grated orange rind. Add to flour mixture; add shortening and mix only until smooth. Bake in preheated waffle baker. Serve hot with syrup and butter. Makes about 10 4½-inch waffles.

To freeze: brown waffles lightly, stack with waxed paper between and wrap in aluminum foil.

To reheat: unwrap and arrange on baking sheet; heat at 300°F. for about 10 minutes (or reheat in toaster or toaster oven.)

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## Featured Recipes

Now is the time to enter the 37th National Chicken Cooking Contest for a chance at the top prize of \$10,000. Contest sponsor is the National Broiler Council, and recipes are judged on taste, appearance, appeal and simplicity.

A finalist from each state and the District of Columbia will take part on the Cook-Off in May 1987 in Jackson, Miss. A panel of national food experts will select five winners who will share a total of \$20,000 in prizes. Deadline for entry is Oct. 15, 1986.

To enter, write name, address and telephone number on the front of the recipe and mail to: Chicken Contest, Box 28158 Central Station, Washington, DC, 20005.

The Chicken and Spinach Noodles recipe below is one example of a hearty family dish made with chicken. Maybe one of your family's favorites will be this year's contest winner.

### Chicken and Spinach Noodles

1 broiler-fryer chicken, cooked, boned, skinned and broken into pieces  
1½ cups thinly sliced carrots  
2 cups chicken broth  
12 ounces low-fat, small curd cottage cheese  
2 tablespoons lemon juice  
8 ounces spinach noodles, cooked and drained  
¼ teaspoon pepper

In Dutch oven, place carrots and chicken broth, bring to a boil over high temperature. Reduce heat to low and simmer until carrots are just tender, about 5 minutes. In blender, place cottage cheese and lemon juice; blend until smooth, about 1 minute. Pour off broth from carrots and with blender running, slowly add warm broth to cottage cheese-lemon juice mixture. Blend 1 more minute and then return contents of blender to pan with carrots. Stir in chicken and cooked noodles; sprinkle with pepper. Over low heat, simmer, uncovered, about 20 minutes (keep temperature low so sauce does not separate). Makes 4 servings.

## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene Lancaster Farming, P.O. Box 366, Lititz, PA 17543

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